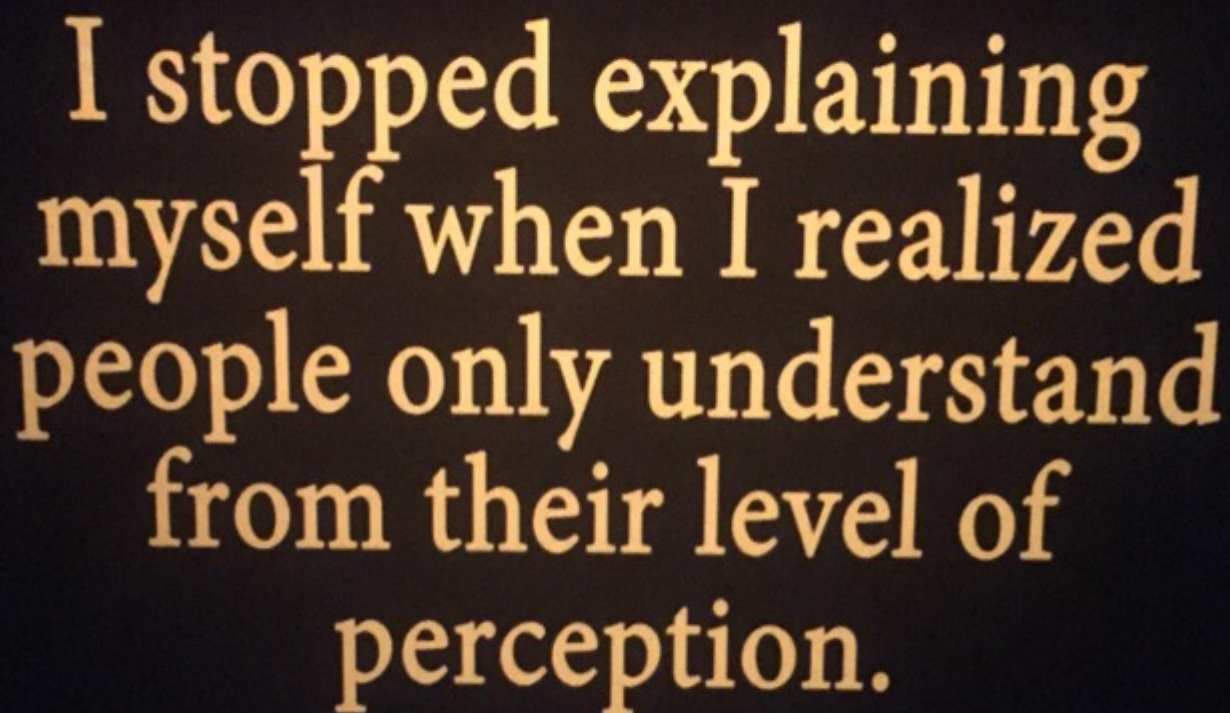


# Why 'WHO' Packs Your Parachute Matters Deeply

The lesson of the day: LCHF/keto food gurus think the two chemicals below are identical and cause the same problems. (Their Dunning Kruger moment) I pulled this picture off a prominent MD's twitter account to make a point that the food gurus are not aware of what they do not know.

A quote by Jack Kruse on a dark background. The text is in a light, serif font. The quote reads: "I stopped explaining myself when I realized people only understand from their level of perception." Below the quote, the name "Jack Kruse" is written in a white, cursive font.

I stopped explaining myself when I realized people only understand from their level of perception.

*Jack Kruse*

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